Caribbean Buffet

Corn Soup

Caribbean Salad- Ensalada Margariteña

Fruit Platter

Hearts of Palm Salad

Jamaican Patties

Jerk Chicken

Le Palmier Shrimp

Black Beans and Rice (Moors & Christians)

Candied Sweet Potatoes

Yeast rolls

Key Lime Pie

Steamed Banana Baba with Rum Syrup
Roast Corn
6 ears of corn
1 coalpot lit by coals or 1 barbecue pit
Wait until grill over coalpot or barbecue grill is extremely hot. Place ears of corn on grill and turn intermittently until they are almost black. Serve in the corn husks. Serves 6.

Corn Soup
6 cans of whole kernel corn
6 cans of creamed corn
10 ears of fresh corn, cut in 3-inch (7.5-centimeter) rounds
3 cloves of garlic, finely chopped
3 onions, finely chopped
2 sprigs of chives, finely chopped
1 sprig of fresh thyme, finely chopped
1 sprig of fresh basil, finely chopped
1 hot pepper, seeded and finely chopped
1 piece of pig tail
Salt and pepper to taste
6 cups water
1 tablespoon yellow cooking butter

Put all the ingredients in a large pan, bring to a boil, then simmer for approximately 1 hour until the corn and other ingredients are soft and creamy. Serve steaming hot in cups or bowls.

Doubles
1 16-ounce (500 gram) can chick-peas, drained
or 1 pound (500 grams) dried channa (chick peas)
3 cups (2 liters) water
3 tablespoons masala
3 tablespoons corn oil
5 cloves of garlic, finely minced
2 onions, finely chopped
1 teaspoon ground cumin
1 hot pepper, seeded and finely chopped
Salt and pepper

Soak the channa in 8 cups of water overnight. Gently boil with a little masala the next day for 2 to 3 hours until very soft. Mix the masala with 1/2 cup water. Heat oil in a large skillet. Add garlic, onion, and masala-water mixture. Cook for 2 to 3 minutes. Drain the channa, add to the pot along with the cumin and pepper, cover and stir every now and then until the channa is very soft. Add water if the channa appears to be drying up. It should not be watery, just thick in texture. Add salt and pepper to taste.

Step-by-step Doubles
1. Form round balls with roti dough.
2. Place to one side and use as needed.
3. Flatten each round with the hands as shown.
4. Place in hot oil and fry until golden brown.
5. Remove, place doubles peek mixture in center, fold over, and serve with pepper sauce.

Boiled Corn
6 ears of corn
2 onions, chopped
2 cloves of garlic, chopped
3 chives, chopped
1 sprig of thyme, whole
1 hot pepper, seeded and finely chopped
1 tablespoon of yellow cooking butter
Salt and pepper to taste

Put all ingredients in enough water to cover the corn and bring to a boil. Stir until corn kernels are soft and ready. Serve as a side dish or cut up for snacking. Serves 6.
Restaurant Ruben

Ruben Santiago is an author, chef, historian, and connoisseur of everything Margariteña. His restaurant on the beach of Bahía de Bella Vista in Porlamar is simple, but upmarket (although the prices do not reflect this!). Overlooking the Caribbean Sea, in air-conditioned comfort, you are served exquisite regional dishes prepared by the master himself.

Ruben is a jovial character, some would say “a trip,” at times wearing a clown mask while he is cooking. With an anecdote, joke, or a serious tale about his beloved island, he moves from table to table making sure all “his friends” are happy and well-fed.

He is also an expert in the various ways to drink coffee in Margarita. He explains that marron is coffee with milk in such proportion that it turns brown; you order “por favor, un marrón grande” or “un marrón pequeño.” If you want to be more specific, you can request “un marrón claro” (light-brown) or “un marrón oscuro” (dark brown). Equal proportions of coffee and milk is reserved for “café con leche,” for which grande and pequito still apply. More milk than coffee is a “serrano” (baby’s bottle). Weak black coffee is “un guarapo.” Normal black coffee is “café negro.” You may order a large black coffee by asking “por favor, dame un negro largo,” but if you ask for “un negro pequeño” or “un negroito” you will get an espresso.

Did You Know?

One can easily make Venezuelan-style cottage cheese at home. To two cups (500 milliliters) of milk, add one-half cup (125 milliliters) lime juice and let the mixture set for one hour in a warm place. Add boiling water to cover the mix and let it stand again for another half hour or until it has become like a block. Tie the block into a piece of Indian cheese cloth and hang the cheese to drain. Remove and add salt and pepper if desired.

Ensalada Margariteña

1 head of lettuce
1 cucumber, finely sliced
3 large tomatoes, finely sliced
3 large onions, sliced into thin rings
4 stalks of chives, finely chopped
1 teaspoon cilantro or coriander leaves, finely chopped
1/2 pound (250 grams) queso blanco (white salty cheese), cut into thick 4-inch (6.5-centimeter) chunks

For the dressing:
1/2 cup (125 milliliters) oil
1/4 cup (60 milliliters) vinegar
1/2 teaspoon salt

Wash lettuce and place leaves on a large glass plate. Add the slices of cucumber as the first layer, then the tomato slices, then the rings of onion. Sprinkle with the chives and then the cilantro or coriander. Put the cheese chunks on top as garnish. Mix the dressing to taste and pour over individual servings. Serves 4.
Hearts of Palm

The Dominican Republic is one of the world’s largest producers of canned hearts of palm. This delicacy comes from the center core of the cabbage palm (Roystonea oleracea), native to the West Indies. Cabbage palms are beautiful, quick-growing trees, reaching nearly a hundred feet (30 meters) tall, with grayish, erect trunks that swell at the base. Their huge leaves at the top are similar to those of the coconut palm, but are fuller and softer, and grow up to 20 feet (6 meters) long. Just under the leaves, the tree flowers a startling pink, bushy cluster. This cluster bears a dark red, oval fruit, from which an oil is extracted. But it is the trunk that is the source of the exotic food. Of course, hearts of palm are available fresh in the Dominican Republic, and also in some specialty stores in other parts of the world, but generally the canned variety is the most readily available. Many gourmet chefs all over the world cherish hearts of palm to be eaten raw in salads or cooked as a vegetable. Cabbage palms have been planted in long rows all over the island, creating road-looking driveways leading into large plantation or home estates.

Fruity Hearts of Palm

1 pound (500 grams) hearts of palm, steamed slightly and cooled

1 head of lettuce, torn into small pieces
4 star fruit, peeled and thinly sliced
2 carambolas, very finely sliced
1 ripe cantaloupe, peeled, seeded and diced
1/2 apple, peeled and diced
2 tablespoons orange juice
6 tablespoons fresh lime juice
2 teaspoons honey
2 1/2 tablespoons light mango chutney
1 teaspoon dry mustard
1/3 cup (80 milliliters) virgin olive oil
Salt and pepper to taste

Refrigerate cooled hearts of palm. Make a bed of lettuce on a flat serving dish. Add star fruit, carambola, cantaloupe and apple. Pour orange juice over the fruit. Cut the hearts of palm into 3-inch (8-centimeter) pieces and arrange them on top of the fruit. Mix lime juice, honey, chutney and mustard in a blender. Pour in olive oil, while mixing at low speed. Add salt and pepper to taste if necessary, the dressing can be strained with a fine sieve to remove pieces of chutney fruit. Pour over the salad and serve chilled. Serves 4.
Jamaican Patties (x4)

For the pastry:
- 4 cups (1 kilo) plain flour
- 2 teaspoons ground dried turmeric or annatto
- 1 teaspoon salt
- 1 cup (250 grams) butter, softened
- 3 tablespoons cold water

Mix the flour, turmeric and salt in a bowl. Add the butter and mix well with fingers until the mixture resembles breadcrumbs. Mix in enough of the water to form a dough. Wrap in plastic and refrigerate for 24 hours.

For the filling:
- 1 large onion, finely chopped
- 2 cloves of garlic, finely chopped
- fresh hot peppers, seeded and finely chopped
- 1 sprig of fresh thyme, finely chopped
- 4 sprigs of fresh chives, finely chopped
- 2 sprigs of parsley, finely chopped
- 4 large tomatoes, peeled and chopped
- 3/4 pound (375 grams) prime ground beef or chicken or fish
- 4 teaspoon fresh ground turmeric or annatto
- 1/4 teaspoon ground fresh ginger

Mix all the ingredients together well.

For glaze and making of patties:
- 2 egg yolks, well beaten

Preheat oven to 400 degrees F (200 C). Roll out pastry and cut into circles 7 to 12 inches (18 to 31 centimeters) in diameter using a saucer. Place 3 tablespoons of cooled meat mixture on one side of the circle, fold the other half over so the edges meet, and crimp together with a fork until well sealed. Place the patties on a baking dish lined with aluminum foil or just well greased and floured, and brush the tops with the beaten egg yolks. Bake in the center of the oven for approximately 30 minutes until golden brown. Serve piping hot. Makes 12 to 18 patties.
Jerk

On arriving in Jamaica, the Spanish described the Amerindian method of preserving beef by drying it in the sun as charqui. This was translated into Old English as jerk. Originally, the method is said to have come from the Quechua Indians of Peru who migrated to Jamaica with their cousins the Arawaks.

In time, this local food underwent both a culinary and a spelling change. The current word, jerk, refers to a particular way of seasoning and cooking meats, seafood, and even vegetables. A marinade or rub with a hot-pepper base is the key ingredient. Historically, jerk was cooked in earthen pits introduced by the Carib (Kara- mantti), West Africans who were among the island’s “Maroons.” That was the name for slaves who had been set free by owners who set off in search of gold from Mexico down to Peru.

When the British arrived in Jamaica to re-colonize it, the Maroons banded together and fought the invaders for some 40 years. During this time, they hid out in the vegetation of what is now known as Cockpit Country. In 1739, the Maroons signed a treaty with the English to end the war. There was peace until 1795, when war broke out again. This time the British won and sent most of the Maroons to Sierra Leone. Today the only surviving Maroon village is Accompong, which still has an elected Colonel and a fierce tradition of independence.

Cockpit Country, with its districts and hamlets with names like District of Look Behind (for those who were always looking behind them for the British) and Me No Se You No Come (if no one sent for you, then do not come), is known as the center for jerk. It was prepared in almost total secrecy up until the late 1950s, when the hunger for it led to selling jerk in open markets. Now every small village, port, or town has its own characters, some with movable pits (made out of steel drums), others with fixed “jerk pits” (small huts or restaurants with built-in brick ovens). Every vendor boasts secret marinades and seasonings and specific preferences for wood, be it pimento or guava or “just plain ol’ sticks.” Of course, all claim to have the best jerk available in the whole of Jamaica!

One semantic point: the word “jerk” can be used as an adjective, noun or verb. For example, you can say “I would like to have a piece of jerk pork,” or simply, “give me a piece of jerk.” But you can also say, “today we will jerk some chicken.”

In order to do a good jerk, you need the perfect wood, any kind of makeshift barbecue, and a fine marinade or rub—if you’re not concocting your own, there are quite a few brands on the market, such as Walker’s Wood, Grace, and Caribbean Choice. To make it just right, add a few bottles or cans of perfectly chilled Red Stripe (Jamaica’s finest beer) and some great reggae music.

Jerk Marinade

- 6 whole hot red peppers, stems removed
- 3 large cloves of garlic
- 3/4 cup (180 grams) of chopped chives
- 3/4 teaspoon cinnamon
- 3/4 teaspoon nutmeg
- 1 1/4 teaspoon Jamaican allspice (pimento)
- 1/4 teaspoon ground cloves
- 3/4 cup (180 milliliters) malt vinegar
- 3/4 cup (180 milliliters) soy sauce
- 1 1/4 tablespoons salt
- 1 tablespoon white or brown rum

Combine all ingredients in a blender until liquified. Put in jars and refrigerate. Use to marinate meat, fish or poultry for 3 hours or overnight in refrigerator, brushing the marinade over each individual piece quite thickly. This marinade can also be used as a sort of pepper sauce once the meat has been jerked, or you can boil it with 3/4 of a cup (180 milliliters) extra vinegar, let it simmer for a few minutes and then bottle and refrigerate it for daily use.

Jerk Dip

16 ounces (500 grams) natural yoghurt
or fromage frais
2 teaspoons Jerk Seasoning

Blend the ingredients until the Jerk Seasoning is thoroughly mixed in. If you like your dip spicy, you can add the bottom piece of a hot red pepper to the blender. Jerk Dip can be chilled slightly and used with corn chips, fried or toasted green plantain or banana chips as a party snack.

Delicious, spicy hot jerk on the grill.
Jerk Rub

6 whole hot red peppers, stems removed and finely chopped
1 cup (250 grams) chives, finely chopped
1 teaspoon garlic powder
3/4 teaspoon ground nutmeg
1/2 teaspoon cinnamon
1/4 teaspoon ground cloves
1 1/2 teaspoons ground black pepper
1 1/4 tablespoons salt

Mix all the ingredients together and mash into a paste in a mortar. This allows the ingredients to really blend into each other. If you do not want your rub to be thick and chunky, put 1/2 tablespoon white vinegar and 1/2 tablespoon rum into a blender. Add the mash and blend for 1 minute. This can be stored in a covered jar in the refrigerator for several months for further use.

On pieces of fresh pork, meat, fish or chicken, rub in the above mixture pressing hard against the meat, making sure the rub goes into the flesh. Use gloves if your hands are sensitive as the hot peppers can cause burning. Marinate for 1 to 2 hours before grilling. During grilling, the meat must be constantly basted with a little of the jerk marinade mixed with a little oil. Once the grilling is over, the jerk should be allowed to stand for a few minutes so that the flesh can “rehydrate” itself. One can also put the jerk meat or fish in the oven and roast it.

Good accompaniments to jerk are roasted breadfruit, peas and rice, or yams. Boiled and mashed green banana or fried plantains can also be served as a vegetable. An absolute must, however, is Jamaican Hard Dough Bread, which to a Jamaican is what French Bread is to a Frenchman.

Jamaican Hard Dough Bread

2 packages active dry yeast
(1/4 ounce or 7.5 grams)
4 cups (1 liter) tepid water
2 to 6 cups (500 milliliters to 1 1/2 liters) unbleached all-purpose flour
1/2 cup (125 milliliters) milk
4 tablespoons sugar
1 teaspoon salt
2 tablespoons lard or butter
Mixture of 4 tablespoons sugar dissolved in 1 cup (250 milliliters) water

Preheat the oven to 375 degrees F (190 C). In a large mixing bowl, dissolve the yeast in the tepid water and let stand until bubbles begin to appear. In another bowl combine the flour, milk, sugar and salt, and work in the lard. Combine the latter mixture with the yeast-water mixture. Knead on a lightly floured surface for 6 to 7 minutes into a stiff dough. Return the dough to a clean large bowl and cover with a towel. Let the dough rise in a warm place (about 75 degrees F or 24 degrees C) for about 2 hours or until double in bulk. Punch down, divide the dough into halves, and shape each into balls. Cover and let rest for about 20 minutes. Shape into loaves and put into 4 greased 9-inch (23-centimeter) loaf pans. Cover and let rise in a warm place for 1 to 2 hours until double in size. Bake in the oven for about 10 minutes. Reduce heat to 350 degree F (180 C) and continue to bake for 20 minutes. Remove from pans, brush the top of the loaves with the sugar-water mixture, and cool on wire rack.

Left: A typical jerk outlet serves chicken, beef or jerk pork. The meat is roasted over fires in traditional fashion.
Crevettes Sauce Créole
Le Palmier Restaurant - Chef Claude Mussington, St. Maarten

3 ounces (90 milliliters) vegetable oil
1 large onion, peeled and diced
1 sweet green pepper, peeled and diced
1 stalk of celery, diced
1 hot red pepper, seeded and diced

1 fresh tomato, diced
1 clove of fresh garlic, finely chopped
1 sprig of fresh thyme, chopped
3 tablespoons tomato paste
1 cup (250 milliliters) water
1 sprig of parsley, chopped
12 medium-sized shrimp, peeled
Salt and pepper to taste

In a large skillet, heat 2 ounces (60 milliliters) of the vegetable oil. Simmer the onion, pepper, celery, hot pepper, tomato, garlic and thyme in the oil until tender. Add the tomato paste and stir until well mixed. Add the water and parsley and simmer until mixture is thick. In another small pan, lightly sauté the shrimp in 1 ounce (30 milliliters) of the vegetable oil until just brown. Add to the Creole sauce with salt and pepper to taste. Serve on a bed of white rice. Serves 2.

Antillean Chicken

4 chicken pieces of your choice
1/2 cup (125 milliliters) consommé
2 tablespoons soy sauce
1/4 cup (60 milliliters) Sint Maarten guavaberry liqueur
1/4 cup (60 milliliters) orange juice
1 teaspoon fennel seeds
1/4 teaspoon finely chopped hot red peppers
Salt and pepper to taste

Marinate the chicken overnight in all the ingredients except the salt. Put the chicken on a hot grill. Add a little salt to the marinade and baste the chicken with it constantly for 15 to 20 minutes. Turn the grill down to low, and continue basting until the chicken is fully cooked. Serves 4.
Food and Drink Traditions

One of the most popular dishes in Cuba is the national dish. Thick soups, normally filled with everything imaginable—a sort of meal in a bowl—are also very popular. Black beans, as in most Spanish-speaking islands, are served at almost every meal, along with fried plantain, boiled or fried yuca (cassava), and plain boiled rice.

Fruit juices are an exquisite treat, such as guava, orange, grapefruit, tamarind, and passion fruit—either fresh, or made by Taoro, the most famous of Cuban canned juices.

Imaginative desserts include: coco quemado, a coconut pudding; coco rallado y quesito, grated coconut with cheese in syrup; braso gitano, a custard-filled roll; cucurucho, a mixture of coconut, fruits, and cocoa, pressed into a cone shape and wrapped in banana leaf; and Helado Coppelia, a brand of ice cream in a variety of fruity flavors. There are Coppelitas (ice cream stalls) everywhere, as well as vans bringing Coppelia far into the countryside.

Snacks, known as “tamales,” are available on every street corner.

One well-known spot for eating totally Creole food is La Bodeguita del Medio. Many famous artists and authors congregated here in Cuba’s past; it was one of Ernest Hemingway’s favorite haunts; and the walls are covered with signatures and dates from visitors from all walks of life. La Fermina is another popular Creole restaurant.

Cuban coffee is available at most bars and roadside stalls. It is drunk very strong, out of tiny cups, often accompanied by ice water. Cuba’s coffee is as famous as its rum, and there is a ritual for sipping. Unless one is on the move, grabbing a quick cup to sustain you, coffee is mostly imbibed with friends and followed by tamales or bocadillos (large Cuban sandwiches).

### Pescado con Salsa de Aguacate (Cold Poached Fish with Avocado Sauce)

- 4 pound (1.8 kg) snapper, cleaned and scaled with head and tail left on
- 2 onions, cut into thin slices
- 2 cloves of garlic, sliced thinly
- 3 medium-sized carrots, sliced thinly
- 1 stalk celery, finely chopped
- 3 sprigs of chives, finely chopped
- 1 sprig of fresh thyme, finely chopped
- 2 teaspoons salt
- 5 whole black peppercorns
- 6 tablespoons lime juice
- 10 cups (2 1/2 liters) water

Put all of the ingredients except the fish in a large, deep baking dish and bring to a boil. Simmer for 15 minutes, then let the liquid cool to lukewarm. Wrap the fish in a piece of cheesecloth leaving 4 to 6 inches (10 to 16 centimeters) of cloth at each end for lifting. Tie ends with string. Place fish on a poaching rack that fits into the baking pan and lower into the liquid. The liquid should cover at least half of the fish. Bring to a boil slowly and simmer for about 30 minutes or until the fish is poached right through without being overcooked.

Remove fish from water. Remove cheesecloth carefully, making sure the fish remains whole. Peel the skin off the fish on both sides by cutting off a small piece near the tail and gently pulling the strips off. Do not remove head or tail.

Cover in foil and refrigerate for at least half a day. Serves 8 to 10.

### Moros y Cristianos (Moors and Christians)

1. Rinse 16 cups (3 liters) water
2. 2 large teaspoons salt
3. 1 sprig of fresh thyme, finely chopped
4. 1/2 teaspoon dry pepper, finely chopped
5. 3/4 teaspoon vegetable oil
6. 2 teaspoons vegetable oil
7. 2 cups (500 grams) rice
8. 1/2 teaspoon black pepper

Wash the beans in a colander or strainer under cold water until the water runs clear. In a large iron pot, put the beans, 4 cups of water, 1 teaspoon salt, the thyme and half the green pepper. Bring to a boil over high heat, then reduce heat and simmer for about 3 hours or until beans are tender. Add more water if liquid reduces too much. When cooked drain the beans, strain water to cool the rice. Remove 1 tablespoon of the beans and mash with a mortar and pestle into a smooth paste. Heat the oil in a large frying pan. Add the rice and fry until crispy and all the fat has left the meat. Remove from pan and dry on paper towels. Set aside. Add the garlic, the rest of the green pepper, the hot pepper, and the onions to the frying pan and cook for about 5 minutes, stirring constantly. Stir in the bean paste, then the beans and the pork. Reduce heat and simmer uncovered for about 10 minutes. Add all these ingredients to the iron pot with the bean water, and add the rice, 1 1/4 teaspoons salt and the black pepper. Bring to a boil, stirring constantly. Reduce heat and simmer for about 20 minutes or until rice is cooked. The liquid should have evaporated. Taste and add any extra seasoning you wish. Serve immediately. Serves 8 to 10.
Candied Sweet Potatoes

2 pounds (1 kilo) sweet potatoes, peeled and sliced

1/2 tablespoon water

2 tablespoons brown sugar

2 tablespoons butter

1/4 teaspoons salt

Grated nutmeg

Preheat oven to 350 degrees F (180°C). Boil sweet potatoes for 5 minutes. Drain water and put the potatoes into a buttered baking dish. Boil water and sugar in a saucepan. When sauce thickens, add butter and salt. Pour sauce over the potatoes. Sprinkle with grated nutmeg. Bake for 25 to 30 minutes. Serves 4.
YEAST ROLLS

Bake: 10 TO 15 MINUTES
Oven: 375°
Prep Time: 
Yield: 6 DOZEN

INGREDIENTS

3 3/4 cups Milk
3 3/4 oz. Sugar
4 1/2 oz. Shortening
1 tbsp. 1 1/2 tsp. Salt
2 oz. Yeast (Active Dry)
3/4 cup Water (lukewarm)
3 eggs Beaten
3 lbs. 10 oz. Bread flour

PROCEDURE

1. Scald milk, pour over sugar, shortening and salt in mixer bowl.

2. Mix with dough hook until ingredients are mixed. Continue mixing until milk cools to lukewarm. While this is mixing—


4. Add eggs and yeast to cooled mixture. Mix until combined.

5. Add half of flour and mix.

6. Add remaining flour gradually or until dough leaves the sides of the mixer bowl.

7. Place dough in greased bowl and cover with clear wrap.
   
   Proof 45 minutes.
   
   Punch and turn dough. Cover.
   
   Proof 30 minutes. Make up into rolls.
   
   Proof until double in size.
   
   Bake at 375°, 10 to 15 minutes.
Key Lime Pie Filling

For large-quantity measurements, see page 599.

Yield: 1 lb 8 oz (750 g)
One 9-in. (23 cm) pie

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg yolks</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Sweetened condensed milk</td>
<td>14 oz</td>
<td>400 g</td>
</tr>
<tr>
<td>Freshly squeezed key lime juice</td>
<td>½ oz</td>
<td>150 g</td>
</tr>
<tr>
<td>Add: Lime Zest</td>
<td>¼ t</td>
<td></td>
</tr>
</tbody>
</table>

**Note**: If key limes are not available, substitute regular lime juice.

Classic key lime pie filling is pale yellow in color, not green. However, if desired, tint the filling pale green with a few drops of food color.

---

Cream Pie Fillings

Cream pie fillings are the same as puddings, which in turn are the same as basic pastry cream with added flavorings such as vanilla, chocolate, or coconut. Lemon filling is made by the same method, using water and lemon juice instead of milk.

There is one difference between pastry cream and pie filling that you should note: Cream pie fillings are made with cornstarch so that slices hold their shape when cut. Pastry cream may be made with flour, cornstarch, or other starches.

---

Vanilla Cream Pie Filling

For large-quantity measurements, see page 600.

Yield: About 1½ pt (0.5 L) or 13 oz (0.8 kg)
One 9-in. (23 cm) pie

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 pt</td>
<td>500 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 oz</td>
<td>60 g</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>1.25 oz (2 yolks)</td>
<td>38 g (2 yolks)</td>
</tr>
<tr>
<td>Whole eggs</td>
<td>1.67 oz (1 egg)</td>
<td>55 g (1 egg)</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>1.25 oz</td>
<td>38 g</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 oz</td>
<td>60 g</td>
</tr>
<tr>
<td>Butter</td>
<td>1 oz</td>
<td>30 g</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>0.25 oz (1½ tsp)</td>
<td>8 g</td>
</tr>
</tbody>
</table>

---

Procedure

1. Beat the egg yolks lightly, then stir in the sweetened condensed milk.
2. Add the lime juice and beat until smooth.
3. Pour the filling into a baked pie shell or a graham cracker crust pie shell. Refrigerate overnight. The acidity of the limes will partially coagulate the egg and milk proteins so that the filling becomes firm.
4. Top with whipped cream.
5. Place 1 oz (1 egg white) in a mixing bowl and beat until foamy. Add ½ t cream of tartar. Beat until stiff peaks. Fold into filling.

---

PROCEDURE

Before beginning production, review the discussion of pastry cream on page 196.

1. In a heavy saucepan or kettle, dissolve the sugar in the milk and bring just to a boil.
2. With a whip, beat the egg yolks and whole eggs in a stainless-steel bowl.
3. Sift the starch and sugar into the eggs. Beat with the whip until perfectly smooth.
4. Temper the egg mixture by slowly beating in the hot milk in a thin stream.
5. Return the mixture to the heat and bring it to a boil, stirring constantly.
6. When the mixture comes to a boil and thickens, remove it from the heat.
7. Stir in the butter and vanilla. Mix until the butter is melted and completely blended in.
8. Pour into baked, cooled pie shells. Cool, then keep chilled. Chilled pies may be decorated with whipped cream, using a pastry bag with a star tube.
Enriched Pie Pastry

For large-quantity measurements, see page 596.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pastry flour</td>
<td>12 oz</td>
<td>375 g</td>
<td>100</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 oz</td>
<td>62 g</td>
<td>17</td>
</tr>
<tr>
<td>Butter</td>
<td>6 oz</td>
<td>188 g</td>
<td>50</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>1 oz</td>
<td>30 g</td>
<td>8</td>
</tr>
<tr>
<td>Water, cold</td>
<td>3 oz</td>
<td>94 g</td>
<td>25</td>
</tr>
<tr>
<td>Salt</td>
<td>0.13 oz (½ tsp)</td>
<td>4 g</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total weight:</strong></td>
<td><strong>1 lb 8 oz</strong></td>
<td><strong>753 g</strong></td>
<td><strong>201%</strong></td>
</tr>
</tbody>
</table>

**Procedure**

This pastry is mixed somewhat like mealy pie dough, except that the quantity of sugar is too large to dissolve easily in the water.

1. Sift the flour and sugar into a mixing bowl.
2. Add the butter and rub it in until it is well combined and no lumps remain.
3. Beat the egg yolks with the water and salt until the salt is dissolved.
4. Add the liquid to the flour mixture. Mix gently until it is completely absorbed.
5. Place the dough in pans, cover with plastic film, and place in refrigerator for at least 4 hours.
6. Scale portions as needed.

**Variation**

For quiches and other savory pies and tarts, omit the sugar.

Graham Cracker Crust

Yield: Enough for four 9-in. pies or five 8-in. pies

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>U.S.</th>
<th>Metric</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graham cracker crumbs</td>
<td>1 lb</td>
<td>450 g</td>
<td>100</td>
</tr>
<tr>
<td>Sugar</td>
<td>8 oz</td>
<td>225 g</td>
<td>50</td>
</tr>
<tr>
<td>Butter, melted</td>
<td>8 oz</td>
<td>225 g</td>
<td>50</td>
</tr>
<tr>
<td><strong>Total weight:</strong></td>
<td><strong>2 lb</strong></td>
<td><strong>900 g</strong></td>
<td><strong>200%</strong></td>
</tr>
</tbody>
</table>

**Procedure**

1. Mix crumbs and sugar in a mixing bowl.
2. Add melted butter and mix until evenly blended; crumbs should be completely moistened by the butter.
3. Scale the mixture into pie pans:
   - 8 oz (225 g) for 9-in. pans
   - 6 oz (180 g) for 8-in. pans
4. Spread the mixture evenly on bottom and sides of pan. Press another pan on top to pack crumbs evenly.
5. Bake at 350°F (175°C) for 10 minutes.
6. Cool thoroughly before filling.

**Variations**

Substitute chocolate or vanilla wafer crumbs, gingersnap crumbs, or zwieback crumbs for the graham cracker crumbs.
Steamed Banana Baba with Rum Syrup
Served with Crème Diplomat

Serves 6 - I strongly recommend that you serve this dessert, a simplified version of the classic baba, which is traditionally made with yeast, with whipped cream or Crème Diplomat (recipe follows). You can make it the morning of the day you plan to eat it, and reheat it later in a microwave to prevent it from drying out.

13 1/2 tablespoons unsalted butter, at room temperature

1/2 cup self-rising flour (Presto)
1 teaspoon baking soda
2/3 cup packed light brown sugar
2 large eggs
3 large ripe bananas, mashed (about 1 1/3 cups)
1/4 cup granulated sugar
1/4 cup dark rum
1/4 cup water
1 1/2 cups chopped roasted pecans, preferably caramelized

PREHEAT THE OVEN to 350°F. Generously butter six 3-ounce baba molds or muffin tins with 2 tablespoons of the butter.

MAKE THE BATTER In a small bowl, mix the flour and baking soda. In another bowl, using an electric mixer, beat 4 1/2 tablespoons of butter until creamy. Add the brown sugar and beat until fluffy. Add the eggs, one at a time, and beat until just incorporated. Add the banana and beat to mix in. Using a large spatula, fold the flour mixture into the banana mixture until incorporated. Spoon the batter into the ramekins and set in a baking pan. Carefully pour enough hot water into the pan to reach halfway up the sides of the ramekins.

BAKE THE CAKES Bake for 40 to 50 minutes, or until the cakes are firm but spring back when pressed lightly with your finger. Remove the pan from the oven and transfer the ramekins to a rack with tongs. Let cool slightly. Run a knife around the side of the cakes, then invert onto a rack to cool.

MAKE THE SAUCE In a medium saucepan, combine the remaining 7 tablespoons butter with the sugar, rum, and water. Bring to a boil, stirring to dissolve the sugar. Remove the sauce from the heat.

TO SERVE Spoon 2 to 3 tablespoons some of the rum sauce onto each of 6 plates. Top each with a warm cake, and garnish the cakes with a few pecans.
PASTRY CREAM AND CREME DIPLOMAT

makes 3 cups This is a very useful recipe for a basic pastry cream. Crème Diplomat is a pastry cream with liqueur and whipped cream added. The one here uses kirsch, but it can be made for other uses with Grand Marnier; rum, Cointreau, amaretto, or another liqueur.

2 cups milk
1 vanilla bean, split in half
4 egg yolks
1/4 cup sugar
2 tablespoons all-purpose flour
2 tablespoons cornstarch

IN A POT, combine the milk and vanilla bean, and bring it to a boil. Meanwhile in a bowl, mix the yolks, sugar; flour; and cornstarch. Slowly pour the hot milk over the mixture and combine. Return to the pot and set over high heat. Stir constantly with a whisk and cook for 4 minutes after it comes to a boil. Use tongs or a slotted spoon to remove and discard the vanilla bean. Place the pastry cream in a bowl and refrigerate until completely cold.

For Crème Diplomat, make the pastry cream as described above. Stir 2 to 3 tablespoons of kirsch into the cooled pastry cream and whip in 1 cup heavy cream.